Week commencing 22nd June 2020

Healthy Skin & Nails

Think about relaxation and pamper sessions

Choose someone in your household and give them a hand massage.

Follow the basic steps for a hand care routine.

If you can not complete all the steps, don’t worry just do what you can with the resources you have. Remember relax, take your time, it should be enjoyable.

* Soak the hands in warm soapy water
* Pat dry with clean towel
* Use a sugar soap exfoliation (massage oil, sugar, scented oil)
* Do not worry if you don’t have this miss this step out
* Use a hand cream sparingly and massage in gently (remember to massage from the elbow right down each finger nail)
* Use a hand mask and wrap hands in a towel, wait for 5 minutes.
* If you do not have a hand mask re-apply the hand cream
* Enjoy the experience.

if you need to get in touch, contact me at:

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